

Put your activity plan in place

Physical activity can have many health benefits; for example, it may help to improve physical strength, boost your mood, reduce stress, and improve sleep. Use this chart to develop a plan to work more activity into each day.

MY WEEKLY GAME PLAN

Activity	Day(s) of the week	Number of minutes
<i>Example: Walk</i>	<i>Mon, Wed, Fri</i>	<i>15</i>

Be sure to speak with your doctor before starting any new exercise program.

Set goals the S.M.A.R.T. way

Specific **M**easurable **A**ttainable **R**elevant **T**ime-Bound

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